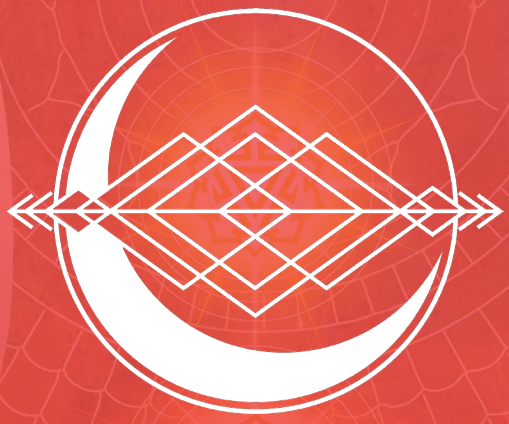
Going Guided Healing

Beginner's Guide to the Chakras



by Bethany A. McConnell



Hello, sweet friend!

Welcome to your *Beginner's Guide to the Chakras*. I'm excited that you've joined me and want to dive into some of the basics of energy healing. Whether you're a creative entrepreneur who wants to tap into your intuition, a bodyworker interested in broadening your skills, or an artist who wants to add more dimension to your work, I've got your back.

This simple guide is a great first step on your journey into energy healing. I hope it turns into your go-to while you're starting out. I understand that it can feel overwhelming and awkward at the beginning when there's so much information out there. It's hard to even know where to start. In this guide, I've simplified everything down so the information is easy to learn and implement.

Take a moment.

Stop.

Breathe.

Breathe in and release all that pent-up tension and stress of wanting to get it right and be perfect. Let that shit go. Working with the chakras will help you learn to work holistically with energy, but it's only the beginning. Enjoy the ride and let it take the time it takes.

If you need help and support I'm here for you.

Much love,

—Bethany

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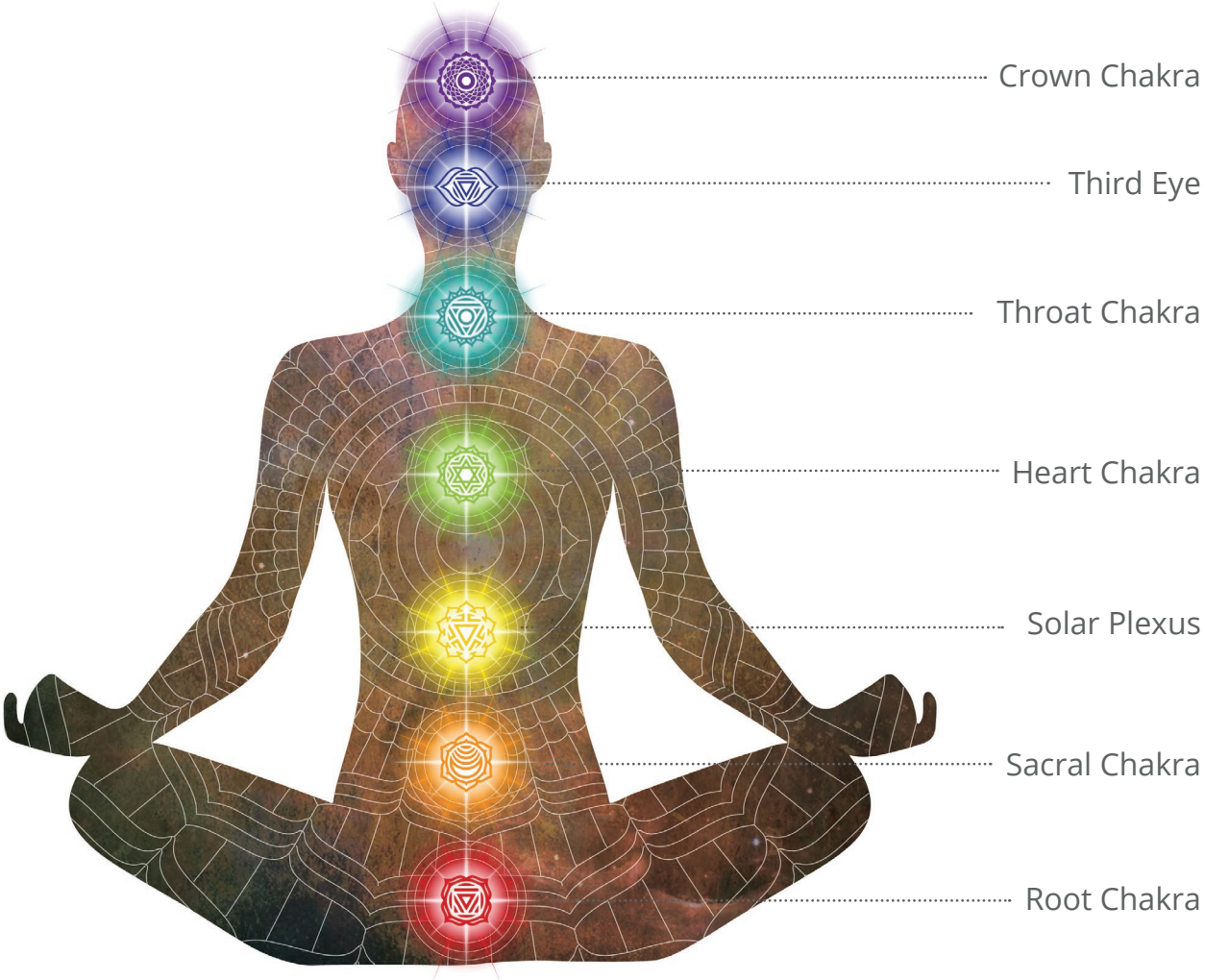
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The Chakra System

Chakra Defined

The word “Chakra” means “Wheel” in sanskrit—the sacred language of Hinduism. They’re spinning vortexes that channel energy to and from the Universe. A vortex of energy will form when two or more streams of energy meet. In nature, we see many of these vortex formations in weather patterns, moving bodies of wind energy, and spiral eddies that form on the surface of lakes and streams. It’s very similar to how they form in the energy field.

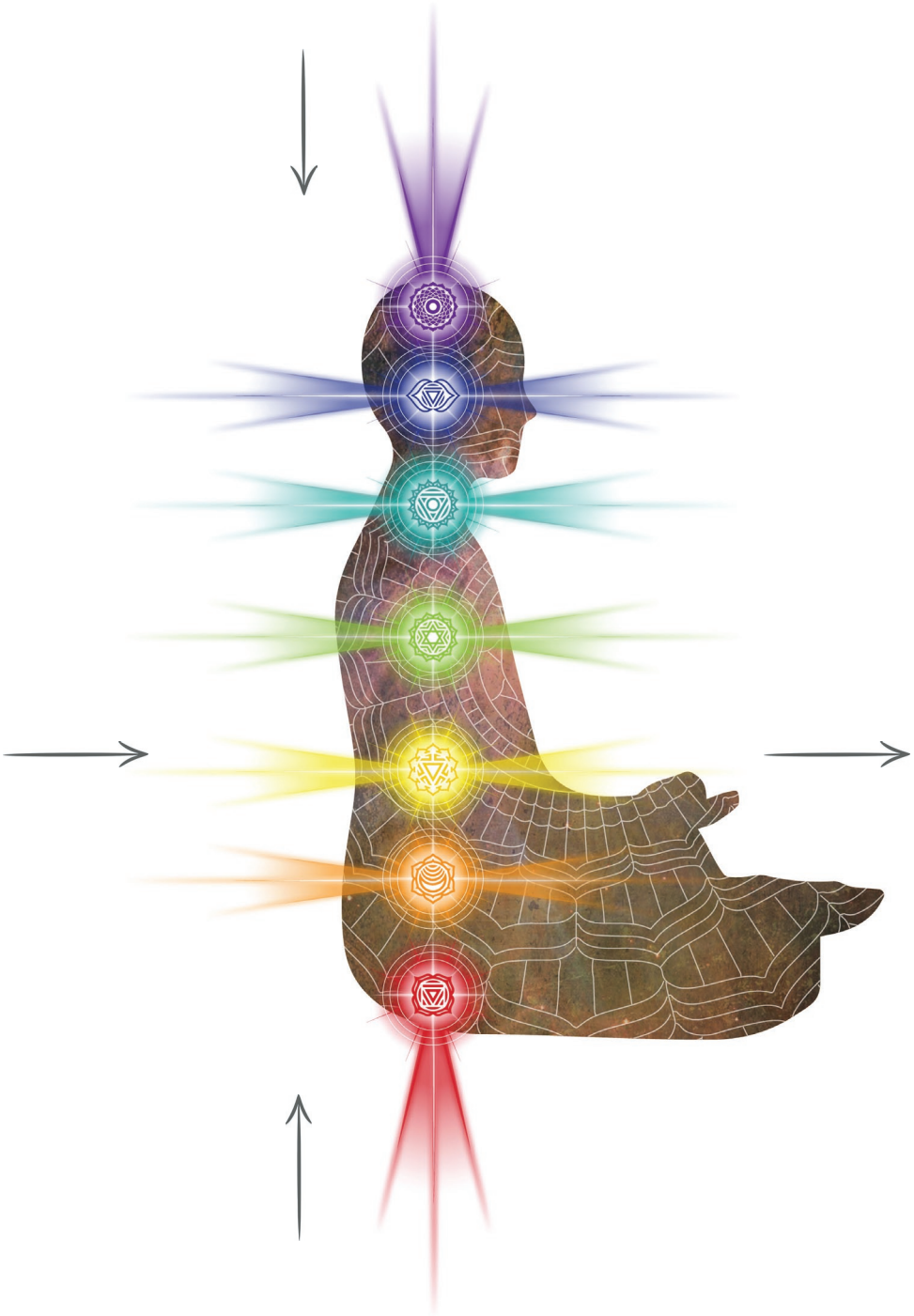
There are seven major Chakras that run along the midline of the body from the pelvic floor all the way to the crown of the head. Many intuitive healers also work with and “see” minor Chakras in other areas of the body (i.e. the palms of both hands, the bottoms of the feet, behind the knees, etc.) but for our purposes, we’ll focus on the seven major areas.



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Chakras and the human body

The Chakras run from the back half of the body to the front. The back half of one's energy governs what is received from the Universe and other Beings. It's where we receive intuitive and guided information. The Chakras that run in front of the spinal column *give* energy and flow outward. The exceptions are the Crown chakra which flows down through the body and the Root Chakra which flows upward through the body.



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Pro Tip

Go with your gut. When you're tapping into the energy of Chakras, what colors do you "see"? Do you get sounds, smells, or visuals? Pay attention to how your intuition communicates with you.

Working with the Chakras

Holistic Healing

Each Chakra governs particular organs, glands, and areas of the body. They also correspond to emotional, mental, and spiritual parts of a Being. Each Chakra is a part of the whole energetic system. They're never truly separate from one another.

You'll often hear about chakras being more "open" or "closed". This refers to the size of the vortex of energy, how it's "spinning" and how much energy is able to flow through it freely from back to front.

The more constricted the energy is, the more closed or slow the chakra may appear to be. For example, if you spend all your time giving and providing for others, but have a difficulty receiving love and support in return, the heart chakra on the front of the body might appear to be overworking, and gushing out energy while the back half of the chakra feels slow moving, hardened, afraid of being rejected, etc. In this case, shifts would need to occur to bring them back into alignment for optimal health.

The quality and flow of the energy in each Chakra will vary from person to person and will never be the same from day to day.

Traumas, illness, stress, excitement, all aspects of living, will shift and change the energy system, but for optimal health all need to be in balance.

As a general rule, physical and emotional illness and dis-ease (especially in the governing lower areas of the body) will manifest when there's an imbalance or depletion of energy in the lower three Chakras.

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The Chakras that Bind Us to the Physical World



1st Chakra, Root

Located at the base of the spine and the pelvic floor



Color: Red

Governs: Grounding, survival, security, stability, protection, and feelings of safety, connection to the physical world and the body.

This is the foundation of the energy system while in physical form. Do you feel safe or constantly in survival mode all the time?

Glands/Organs: Colon, blood, bone marrow, and all the bones and muscles from the hips to the toes

Ways to support this Chakra: Spend lots of quality time in nature, hiking, gardening, dancing, grounding yoga poses, going barefoot, eating fresh foods.

Crystals to support this Chakra: Agate, smoky quartz, red carnelian, amber, jasper, and garnet

Meditation / Affirmation:

"My body supports me. The earth beneath my feet supports me, keeping me grounded, safe and secure."

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2nd Chakra, Sacral

Located between the navel and the pubic bone on the lower abdomen



Color: Orange

Governs: The emotional center of the energy system, creativity, sexual energy, and the place that becomes depleted when you're not creating the life you want to live.

This chakra will take a blow with feelings of guilt, shame, grief, and anger.

Glands/Organs: Genitals, ovaries, testicles, kidneys, adrenal glands, bladder, lower back, bile duct, mid-back and the appendix.

Ways to support this Chakra: Focus on self-pleasure and sexual energy. Have a consistent artistic or creative hobby for yourself that you do for your own pleasure: writing, painting, music, etc.

Crystals to support this Chakra: Carnelian, sunstone, opal, and rutilated quartz

Meditation / Affirmation:

"I create the life that I want and desire.
My pleasure is a priority. I take care of my needs."

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3rd Chakra, Solar Plexus

Located between the bottom of the rib cage and the navel



Color: Yellow

Governs: Personal power, will, personal energy, authority, metabolism, and mastery of desire.

Imbalance occurs when we don't feel like we have personal power and strength in our lives. A good question to ask: how do I view myself in this world?

Glands/Organs: Stomach, small and large intestines, gallbladder, liver, pancreas, spleen, and the endocrine system

Ways to support this Chakra: Practice setting your boundaries and learning to say, "no". Own your power and remind yourself daily of how badass you really are.

Crystals to support this Chakra: Citrine, Bloodstone, and clear quartz

Meditation / Affirmation:

"I stand within my power with strength, grace, and serenity. I'm centered within my own energy."

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The Chakra of Relationships



4th Chakra, Heart

Located in the center of the chest



Color: Green / Pink

Governs: Unconditional love for self and others, forgiveness, compassion, giving and receiving. This chakra is the bridge that communicates with the lower three + upper three chakras.

Tap into your energy and ask, "What is my correct amount of balance between giving and receiving?" See what comes up.

Glands/Organs: Heart, breasts, thymus gland, circulatory system, arms, hands, and lungs

Ways to support this Chakra: Appreciate your beauty right now. Practice self-care and self-acceptance. Give up the habit of putting yourself down all the time. Write down what you're grateful for daily. Fully receive when someone gives you a compliment.

Crystals to support this Chakra: Rose quartz, watermelon tourmaline, and aventurine

Meditation / Affirmation:

"I listen to what my heart desires and operate from my intuition. I trust and love myself unconditionally. I give and receive love in equal measure."

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The Chakras of Communication



5th Chakra, Throat

Located at the base of the throat



Color: Blue

Governs: True communication, speaking your truth, creative expression.

Are you saying all you need to say to express your authentic self? Are you holding back to please others?

Glands/Organs: Thyroid gland, tongue, tonsils, throat, mouth, teeth, gums, jaw, and cervical vertebrae

Ways to support this Chakra: Say what you really mean instead of only saying what you think others want to hear. Chant while meditating.

Crystals to support this Chakra: Blue lace agate, sodalite, lapis lazuli, and blue calcite.

Meditation / Affirmation:

"I speak my truth and honor how I feel.
I'm confident and excited to share my creative work
and express myself in all the ways that bring me joy."

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6th Chakra, Third Eye

Located at the center of the forehead



Color: Indigo

Governs: Intuition, imagination, awareness, and concentration.
This chakra also governs the balance between the right side of the energy field (physical) and the left side (non-physical).

Imbalance here often manifests because of a lack of trust and not listening to one's intuition.

Glands/Organs: Brain, brain stem, pituitary gland, pineal gland and the eyes

Ways to support this Chakra: Create a daily meditation practice for yourself. Practice writing out your goals and brainstorming or mind mapping your creative ideas.

Crystals to support this Chakra: Amethyst, moonstone, fluorite, and selenite.

Meditation / Affirmation:

"I'm connected to my intuition and my spiritual guidance. I'm balanced within myself and I create my own reality."

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7th Chakra, Crown

Located just above the top of the head



Color: Violet / White

Governs: Spiritual connection, divine wisdom, and understanding.
Connection to the Universe/Source/God/Goddess/Divine Energy

Skin disorders come up from an imbalance within the crown chakra.
Having unclear healthy boundaries, or permeated spots in the outer layer of the energy field will lead to skin issues.

Glands/Organs: Central nervous system and skin

Ways to support this Chakra: Make time for ritual and sacred space. Create a beautiful place for your spiritual practice that's dedicated to your growth and development. A shelf on a bookcase, a corner of your work desk, or a dedicated altar in its own room are all wonderful sacred spaces.

Crystals to support this Chakra: Amethyst, selenite, apophyllite, and celestite.

Meditation / Affirmation:

"I'm surrounded by source energy and always have it flowing down through me. I feel my connection to the Universe and my Soul."

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Pro Tip

When you're starting out don't get discouraged for not being "good enough". This is only the first step. The more you learn and the deeper you go into your practice the more confident you'll feel in your abilities.

Meditation

Meditative visualization is a great way to begin. Here's a short version to get you rolling:

Practice sitting or laying down for 10-15 minutes and breathing deeply into each area of the body where the chakras are located. Start at the root Chakra and breathe deeply in and out through your nose. Picture your favorite shade of red and breathe that color into the root chakra at the base of your spine and your pelvic floor. Feel the light and energy of the root chakra and notice what comes up. If you feel stress or tension in that area, breathe it in and out relaxing as best you can.

Next, move up to the sacral chakra located in the lower back and lower abdomen. Visualize a brilliant orange color representing the energy of that chakra and breathe deeply into it. Notice the images and feeling that come up. Breathe and release as much tension as you can before moving onto the next chakra.

Repeat this practice all the way up your body from the root to the crown.

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Self-Healing

When you're ready to learn self-healing techniques, I highly recommend taking a Reiki healing class. Learning Reiki will help increase your intuition, increase your connection to each Chakra and teach you how to properly flow energy.

"Reiki" (ray-key) in Japanese translates as universal life energy. Reiki is a powerful, non-intrusive and beautiful practice that complements conventional medicine and enhances other healing modalities and practices. Reiki utilizes the life force energy present in everything. Everyone has access to it on a daily basis, so anyone can learn to work with Reiki. You don't need special skills or have a specific religious, philosophical or spiritual background to practice.



These days there are lots of local classes and teachers available who teach Reiki at affordable rates. Find a trained and certified Reiki Master Teacher and take a class with them. Get word-of-mouth recommendations, ask your friends who've taken a Reiki class and what they liked about it.

If you're in the Greater Seattle/Tacoma area you can sign up for a weekend Reiki class with me over at: goingguidedhealing.love/classes

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Getting professional support

We all need support from time to time. Sometimes is great to have someone who can see things from a different perspective and guide us to a place of balance and ease.

Find someone who's trained in energy healing and book a session with them. Ask people in your community who've they've worked with. If you have a favorite massage therapist or bodyworker find out if they also practice energy modalities like Reiki and ask if they'd incorporate that technique into your regular session time.



When you find a practitioner ask them if they've studied under a mentor or a teacher. Get to know their professional background and use your gut feeling to know if it's a good fit. A well-trained healer won't ever force you into something that you don't want to do. During a session, if anything ever feels incorrect or you leave feeling severely depleted and soul-sucked, that person might not be the best for your needs.

A good healer will state their rates up front and won't ask you for more money in the middle of a session to "remove a curse" or do something special for you. An energy professional will do the work that's for your highest good within the session. They'll respect your boundaries.

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Resources

Books & Media

Search for “Guided Chakra Meditations” on Youtube. You’ll come up with hundreds of options.

One of my favorite sound healing meditations to use for the chakras is an album called, *Chanting the Chakras: Roots of Awakening* by Layne Redmond.

Isha Lerner, *The Triple Goddess Tarot*

Judy Hall, *The Crystal Bible: A Definitive Guide to Crystals*

Sue & Simon Lilly, *Crystal, Colour, and Chakra Healing*

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